



Great Northern Beans, Dry

MyPlate Food Group: **Vegetable** or **Protein**



Nutrition Information

- ½ cup of cooked great northern beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Beans are high in protein, fiber, and iron.
- Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about great northern beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- These beans should be soaked before cooking.
- Before soaking, sort through the beans and remove any stones, dirt, broken, or shriveled pieces. Use one of the following methods:

Overnight Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.

Quick Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

- If a recipe calls for cooked beans, put the soaked, drained and rinsed beans in a pot with new water and bring them to a boil. Turn the heat down to low, cook about 1 to 1½ hours.

MyPlate Facts

- Great northern beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health. It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

Storing Foods at Home

- Store dry great northern beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry great northern beans in a tightly closed bag or container.



USDA Foods

Baked Beans

Makes 6 servings

Ingredients:

- 1½ cups dry great northern beans, sorted and rinsed
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- ½ cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon dry mustard

Directions: Wash hands with soap and water.

1. Combine apple juice and water in a large pot. Bring to a boil.
2. Add beans and simmer on low heat for 2½ hours until beans are tender.
3. Preheat oven to 250° F.
4. Drain beans, save the liquid.
5. Put beans and other ingredients in a greased baking dish.
6. Cover and bake for 3-4 hours.
7. Uncover the last hour of baking and add some of the saved liquid if the beans become dry.

Recipe adapted from Washington State WIC Program's The Bold and Beautiful Book of Bean Recipes

White Bean and Spinach Soup

Makes 8 servings

Ingredients:

- 1 pound dry great northern beans
- 2 tablespoons olive oil
- 2 onions, chopped
- 3-4 celery stalks, chopped
- 4 cups low-sodium vegetable broth or water
- 4 cups water
- ¼ teaspoon red pepper flakes (optional)
- 1 bunch of fresh spinach, chopped, or 1 package (10 oz) frozen chopped spinach, thawed
- ¼ cup lemon juice
- salt, to taste

Directions: Wash hands with soap and water.

1. Rinse and sort beans.
2. Heat olive oil in a large pot over medium high heat. Add onion and celery and cook while stirring for 3 minutes. Add garlic and cook for one minute more.
3. Add broth, water, beans, and red pepper flakes, if desired, and bring to a boil.
4. Reduce heat, cover and simmer for 2 hours, or until beans are tender.
5. Stir in spinach, lemon juice, and salt. Cook for one minute more. Serve hot.

Recipe adapted from Camellia Brand Beans